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Title: Stand Up! and move Why we need to get up out of our chairs ...and move

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Stand Up! and move

Why we need to get up out of our chairs

...and move

**MY PATIENT'S WELL-BEING IS MY FIRST PRIORITY.
I PROVIDE THOUGHTFUL, COMPASSIONATE
HEALTH CARE, ALWAYS RESPECTING THE
RIGHTS, WELFARE & DIGNITY OF OTHERS.**

**I AM AN
ATHLETIC
TRAINER**

**AS THE ADVOCATE FOR MY PATIENT'S BEST
MEDICAL INTEREST, I MAKE COMPETENT DECISIONS
BASED ON EVIDENCE-BASED PRACTICE.**

**I ACT WITH
INTEGRITY.**

**I FULLY UNDERSTAND
AND UPHOLD THE NATA
CODE OF ETHICS, PROVIDING
THE BEST
POSSIBLE
PATIENT CARE
AT ALL TIMES.**

**I COMPLY WITH THE
LAWS AND REGULATIONS
GOVERNING THE PRACTICE OF
ATHLETIC TRAINING,
AND I PLEDGE TO MAINTAIN
AND PROMOTE THE
HIGHEST QUALITY
OF HEALTH CARE.**





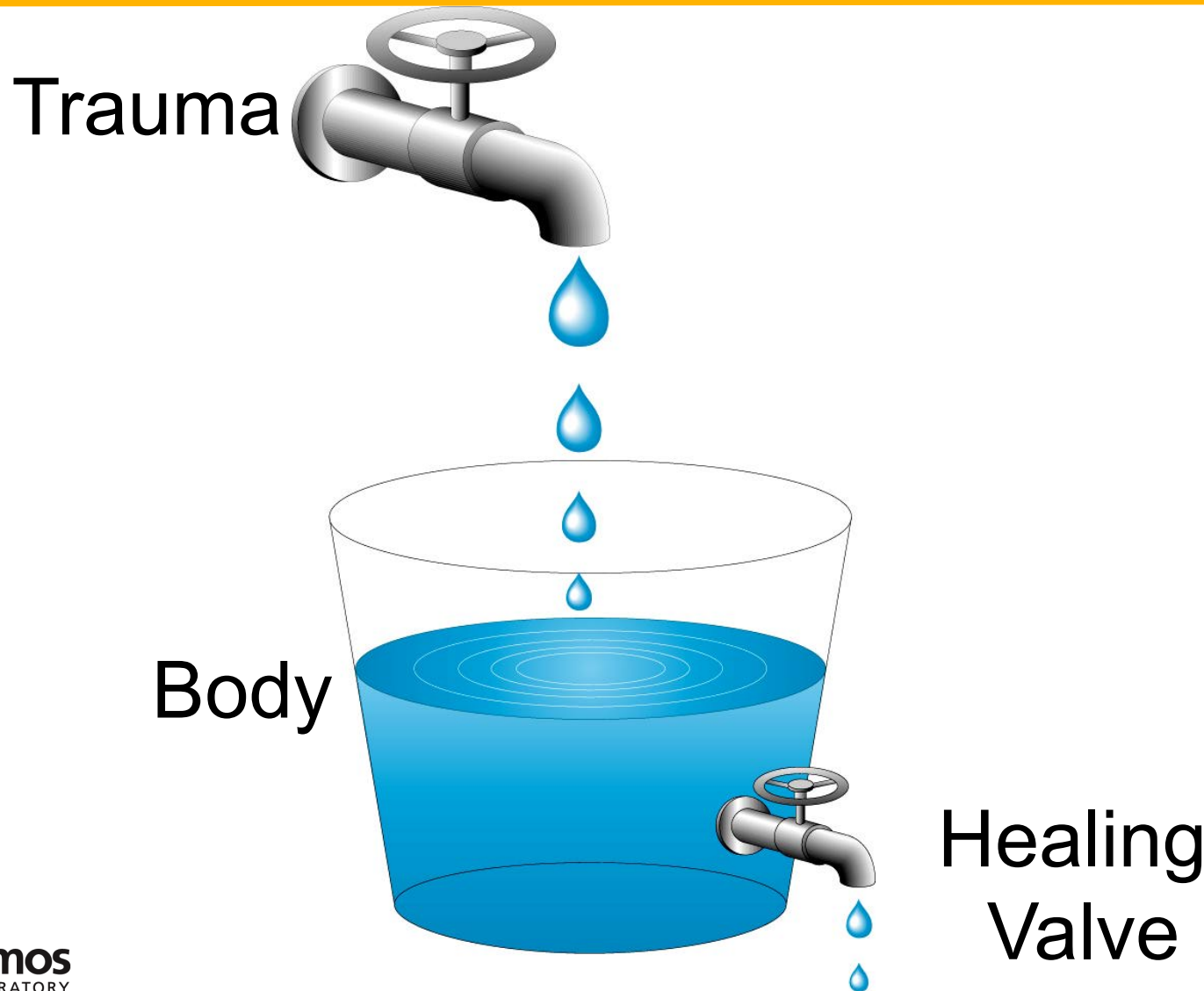
Stand Up! and move

- **Sedentary behavior is defined as any waking behavior characterized by an energy expenditure of 1.5 METS or less while in a sitting or reclining posture¹**
- **Sitting and typing uses 1.45 METS²**
- **Standing Still 1.59 METS²**
- **Walking 1MPH 2.66 METS²**
- **Climbing stairs 4 METS¹⁴**
- **Running (8MPH) 13.5¹⁴**

I'm just sitting down, how is that risky?

- 60% of computer users reported cumulative trauma disorders (ie musculoskeletal disorders and eye soreness)³
- 33% of all worker injury/illness cases caused by MSD⁴
- Increased risk of acute or transient pain complaints when keying or using mouse intensively⁵
- Sedentary behavior brings high risk of cardiovascular disease, stroke, colon cancer, diabetes (300,000 deaths annually linked to physical inactivity)⁶
- Decrease in mental wellbeing linked to physical inactivity⁷

How Do These Things Become Harmful?



How do Musculoskeletal Disorders (“ergonomic injuries”) Develop?



- **Trauma From Work Accumulates in Tissue**
 - Poor work design increases build-up
- **Tissue Can “Hold” a Limited Amount of Trauma Before Injury**
 - Fitness contributes a small increase in trauma capacity



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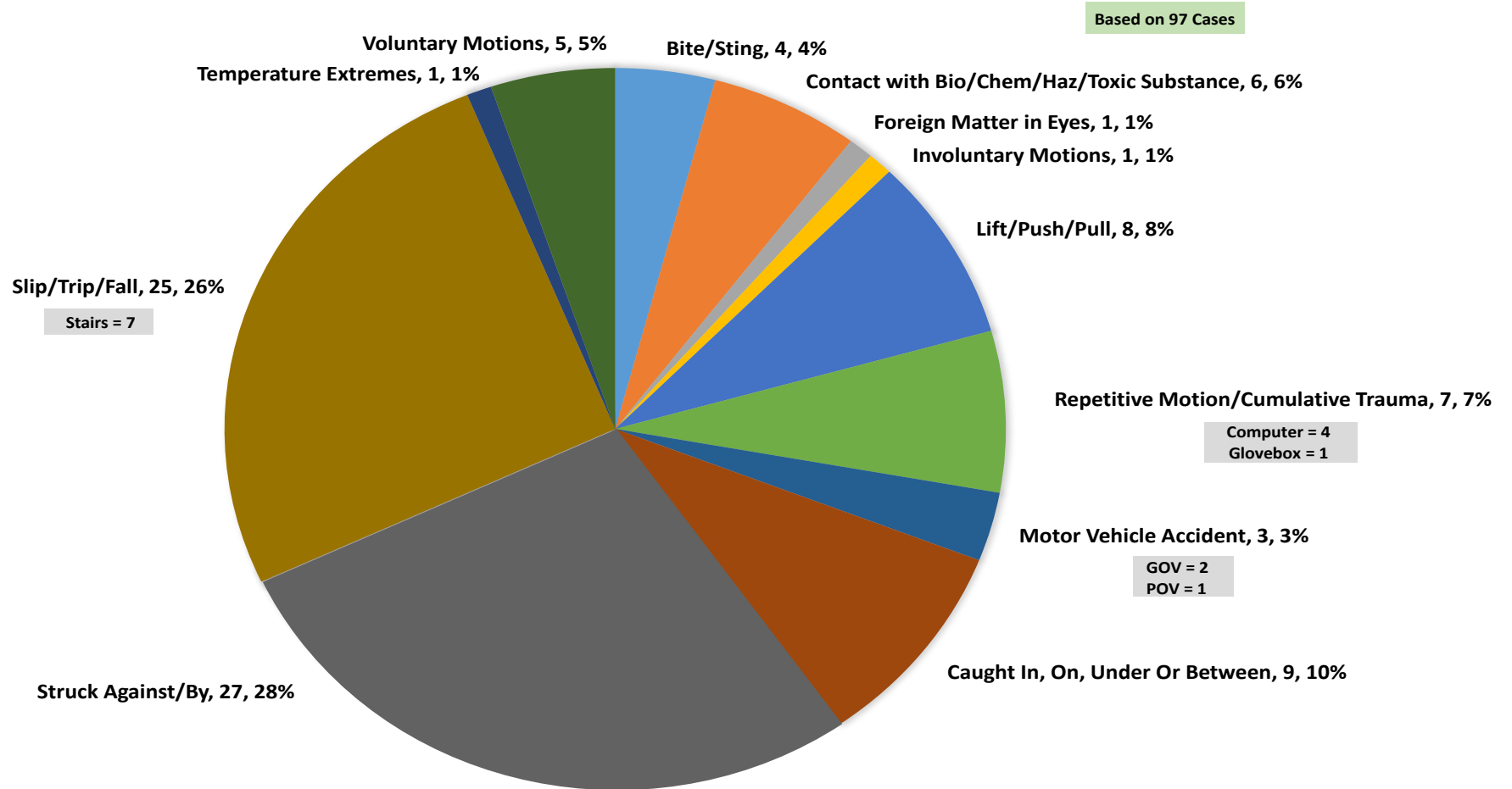
What can I do?

- Limit sitting time to a max of 2 hours, stand up and move after 30 minutes of uninterrupted sitting⁸
- Take time to stretch when you're at rest
- During your break take a brief walk, use the stairs if you can
- Microbreaks can benefit health and mental productivity, and reduce eye strain^{9,10, 11}
- Sit-to-Stand Desks have shown a reduction in physical discomfort compared to sitting and a reduction in spinal compressive forces ^{12,13}



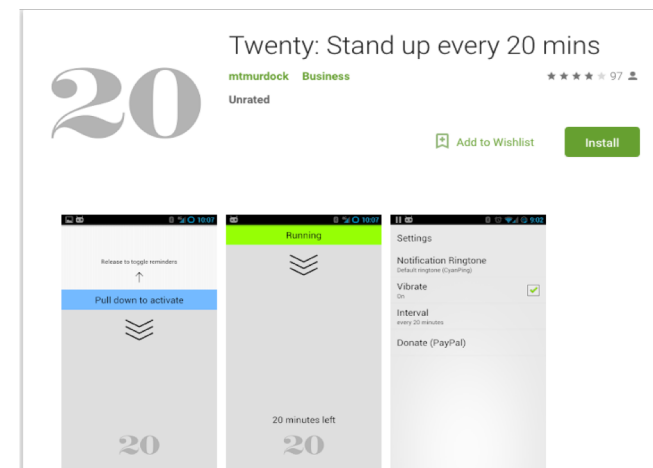
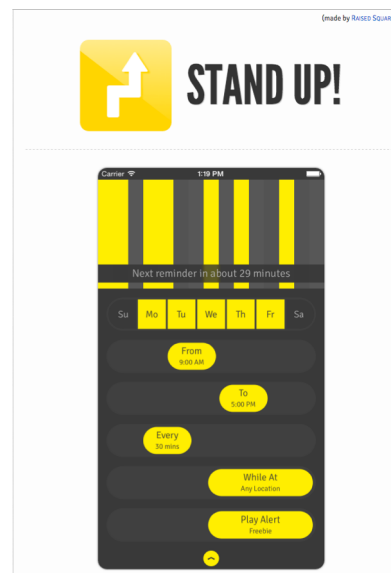
LANL COMBINED RECORDABLE SOURCE ANALYSIS

FEBRUARY 2017 - JANUARY 2018



Tools

- Apps: Stand Up! iOS App Apple app store
- Apps: Twenty: Stand up every 20 mins Android App Google Play
- Software: Stretch Break
- Websites: e.ggtimer.com
- Wellness center
- Ergo eval/ergo equipment



For more info:

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